



Base Bulletin

Vandenberg AFB, CA 93437-0759



1 September 2004

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The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to publishing.vafb@vandenberg.af.mil or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL

1. Team Vandenberg:

a. Armed Forces Voter's Week: Armed Forces Voter's Week is 3-11 Sep 04. The general election is just around the corner so exercise your right to vote! If you would like to register to vote via absentee ballot, counselors will be available in the following locations 7-10 Sep 04: BX: 1000—1600, Commissary: 1000—1600, Beachcomber: Breakfast and Lunch, CDC: Morning, and Clinic: 0800—1600. You can also register with your unit voting counselor. Let's make a difference! (30OSS/OSOD, 6-6143)

b. Resource Protection Monitor Training: The 30th Security Forces Squadron Resource Protection section will conduct Resource Protection Monitor Training on 8 Sept 04 from 0800-0900 at the Western Range Operations Center (Theater). All units are required to have their respective resource protection monitors trained upon appointment. Contact TSgt French, 30SFS/SFOR at 6-1702 if you have questions or concerns. (30SFS/SFOR)

c. Unit Security Managers Meeting: The next Unit Security Managers Meeting will be held in the WROCC Auditorium, Bldg 7025 on 9 Sep 04 from 0900—1100. This is a mandatory meeting; the primary or alternate security manager must attend. If they are unable to attend, a designated person must represent the unit. Please direct any questions pertaining to this matter to the SSgt Wagner, 30SFS/SFAI at 6-4354. Your support is greatly appreciated! (30SFS/SFAI)

d. Unit Security Manager Formal Training: The 30th Security Forces Squadron Information Security staff will conduct a Security Managers Formal Training Course on 14-15 Sep 04 at the Airman Leadership School. All units are required to have their respective security managers formally trained within 90 days of appointment. Class hours will be 0800—1600 on both days. Contact your current unit security manager or SSgt Wagner, 30SFS/SFAI at 6-4354 to register. (30SFS/SFAI)

e. Office Closure: The 30th Comptroller Squadron, Financial Services Flight (Customer Service, Customer Support, and Accounting Liaison) will be closed on Friday, 17 Sep 04 from 1200 to COB for an official function. We apologize for any inconvenience this may cause. If emergency financial assistance is needed, you can reach us at 588-9282. (30CPTS/FMFC, 6-4630)

f. Retirement Ceremony: The 30th Launch Group cordially invites you to attend a retirement ceremony honoring MSgt John E. Goodson, Mission Assurance Superintendent, 2nd Space Launch Squadron, after 22 years of dedicated service, on Friday, 24 Sep 04, at 1400, in Bldg 8500, Readiness Review Center, Conference Room (RRC). Reception to follow. Military: Uniform of the Day. Civilians: Business Attire. Please RSVP NLT 17 Sep 04 to Bonnie Purvis at 6-3863, bonnie.purvis@vandenberg.af.mil. (2SLS/DE)

g. Military Equal Opportunity (MEO): The Equal Opportunity and Treatment (EOT) program seeks to eliminate unlawful discrimination against military personnel based on race, color, religion, sex, or national origin. Unlawful discrimination and sexual harassment are contrary to good order and discipline and

TEAM VANDENBERG

counterproductive to combat readiness and mission accomplishment. Unlawful discrimination against Air Force personnel or their family members on or off base will not be tolerated. For more detailed information contact the 30th Space Wing MEO office at 6-0370. (30SW/ME)

h. Airmen Against Drunk Driving (AADD): Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

2. 30th Space Communications Squadron: (30SCS)

a. Additions to IMT News, Fixes and Workarounds: Be sure and check the IMT News, Fixes and Workarounds section on the [VEPDL](#) for new information concerning the newly converted AF IMT 673_AFSPC Overprint and AF IMT 1382_AFSPC Overprint and lots more. (30SCS/SCBP, 6-7892/4)

b. New AF E-Pubs Web Site: The new AF E-Pubs web site offers some new references. As an example, <http://www.e-publishing.af.mil/dodlinks.asp> the DOD Links lists 32 related sites, including Mil Standards, Handbooks, and Federal Standards. Take the time to review this new site carefully. It is new and improved. (30SCS/SCBP, 6-7892)

c. Interim/Page Changes: The new AF E-Pubs web site has a separate page listing all the current Interim Changes for any publications they have and are processing. This is a great page to bookmark and look at weekly to keep on top of changes to AF documents. Bookmark <http://www.e-publishing.af.mil/pubs/ic.asp?org=AF>. (30SCS/SCBP, 6-7892)

d. Word To The Wise From Records Management: IAW Federal Law Air Force personnel, civilian employees, and contractors *must not destroy, dispose of, or mutilate records without proper authority*. Failure to obey is a violation of Article 92, UCMJ, and can result in administrative disciplinary actions for civilian personnel. When it doubt, call Base RM. (30SCS/SCBR, 6-4212)

e. Revised Publications: AFI91-110_30WSUP1, **Nuclear Safety Review and Launch Approval for Space or Missile use of Radioactive Material and Nuclear Systems** and AFI33-360V1_30WSUP1, **Air Force Content Management Program – Publications** are now available on the VEPDL and AF E-Pubs. (30SCS/SCBP, 6-7892/4)

3. Traffic Management Office: (30LRS)

a. School Bus Registration: American Star Tours school bus registration has begun and is held at Bldg 10728, 30LRS Vehicle Operations on Monday, Tuesday, Thursday and Friday, from 0900—1300 and on Wednesday from 0930—1330. Beginning Thursday, 9 Sep 04, school bus registration will be at Bldg 10728, 30LRS Vehicle Operations on Tuesdays and Thursdays from 0900—1300. (30LRS/LGRVO, 6-2614)

b. Attention TMO Customers: If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact SSgt Soria, 6-0906. (30LRS/LGRT)

4. Military Personnel Flight: (30MSS/DPMP)

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900-1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719. (30MSS/DPM1)

b. AFROTC Candidate Board Change: The Air Education Training Command (AETC) has now moved the Air Force Reserve Officer Training Corps (AFROTC) 2005 candidate board from September to November 2004. Additionally, AETC has made five additional universities available for colonels and colonel selects to compete for as AFROTC Detachment Commanders in 2005. For more information, visit <https://www.dp.hq.af.mil/afslmo/afslmocom>, or call the Military Personnel Flight at 5-0204. (30MSS/DPMA)

c. Interested In Going TDY? The MPF's Personnel Readiness Function is looking for volunteers, in the rank of E-5 and below, to go TDY for approx 90 days working as a Third Country National (TCN) Escort. We are currently looking to fill 30 tasking for the AEF 3, AEF 5 and AEF 7 cycles. The benefits include traveling to another country and receiving a tax- free reenlistment bonus if you are eligible for reenlistment during that time. All TDY tasking are on a first come, first serve basis. Eligibility criteria as follows: Must not be obligated to fulfill an AEF requirement for your current AFSC and must remain eligible to support this tasking for the entire AEF cycle. Must have a Secret or Interim Secret Clearance. Must be an E-5 or below.

Must have your commander's approval in writing to be eligible to volunteer for the TCN Escort deployments. For more information, please contact TSgt Leduc at 6-7574. (30MSS/DPMDX)

d. NCO Retraining Program: Air Force officials have announced the start of the FY05 NCO retraining program. The FY05 NCORP will target approximately 1,098 NCOs (SSgt, TSgt, MSgt) to retrain from AFSCs with NCO overages to AFSCs with NCO shortages. The voluntary phase of the program runs now through 30 Sep 04. Some restrictions apply, depending on your grade and AFSC, if necessary, an involuntary phase will be implemented on any AFSC that did not meet voluntary retraining-out program objectives. Contact Personnel Employment at 6-8739 or 6-7681 for complete details. (30MSS/DPMAE)

e. Academic Year (AY) 2005 Olmsted Scholar Program: The Olmsted Scholar Program provides the opportunity to study abroad, obtain a masters degree in a foreign language, and gain an in-depth understanding of the history, social, political, cultural and economic characteristics of a foreign country. Eligibility criteria forthcoming for Junior Line Officers <http://www.afpc.randolph.af.mil/pme/0-Olmsted.htm>. Contact is MSgt Jesse J. Langhorne, Superintendent of Customer Support, 6-7387. (30MSS/DPMP)

f. Master Personnel Record (MPR) Changes: There will be a temporary suspension of providing documents from the Master Personnel Record (MPR). Effective 15 Sep 04, AFPC will start the conversion of their current database to a new and improved storage and retrieval system. The conversion will last for approximately 45 days in which AFPC will be unable to access documents from MPRs. If anyone is working projects requiring documents from their MPR prior to the conversion process, they should make the request as soon as the need is identified. Customer Service will assist all Airmen as best as possible during this AFPC conversion. Contact Customer Service at 6-2276. (30MSS/DPMP)

5. Civilian Personnel Flight: (30MSS/DPCE)

a. Voluntary Leave Transfer Program: Christine Holly-Vickers, 30SW/JA and Timothy L. Lovelace, 30CES/CEOF2 have exhausted all of their own leave and are in need of leave donations to avoid a period of non-pay. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form. You can access this form on the web at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf.

b. Emergency Data System (EMDS) for Next of Kin (NOK) Notifications: The purpose of the EMDS web application is to provide appropriated fund Air Force civilian employees the capability to update the required information for NOK notification in case of an emergency. You use this extremely important form to show the names and addresses of your spouse, children, parents, and any other person(s) you would like notified if you become a casualty or for any other emergency. Please remember, **it is each employee's responsibility to keep this form current!** Only you will have update/change capability to the data on the NOK emergency form, which is stored in AFPC's EMDS Personnel Automated Records Information System (PARIS) library. Civilian Personnel Flight (CPF) representatives and the Air Force Personnel Center Casualty Notification Office (HQ AFPC/DPW) will have view-only capability, if access to emergency data is needed. Employees are strongly urged to update emergency data in the EMDS and ensure that supervisors have current emergency data information. You can obtain instructions on how to access EMDS via this web address: www2.afpc.randolph.af.mil/emds/HowToAccessEMDS.pdf. If you have questions or need assistance in accessing the site, contact your Employee Relations Specialist in the CPF at 6-5847.

c. Military Reservists: The following information is provided for reservists and their supervisors. Employees must be in an appropriate leave status from their Federal civilian position while serving on active duty. Appropriate leave(s) includes: military leave, annual leave, compensatory time, leave without pay (LWOP) or combinations of these leave categories. When an employee requests military leave a copy of the certified orders, with Statement of Tour of Duty (when available), must be attached to the applicable timesheet as supporting documentation and a copy faxed to the Civilian Payroll Office at 6-9147. Employees interrupting a period of paid civilian employment, to perform military duty, must be placed on Leave Without Pay - Uniformed Services (LWOP-US) unless they choose to be separated (Separation-US). A Request for Personnel Action, SF 52, requesting LWOP-US or Separation-US must be submitted, with a copy of the active duty orders, to the local Civilian Personnel Flight. An SF 52 is required for all periods of LWOP-US regardless of the duration. Additional information can be found on the BEST web site: www.afpc.randolph.af.mil/dpc/BEST/res-emp-full.htm. Please contact the Work Force Effectiveness Section, 30MSS/DPCE, at 6-5847, prior to entering active duty. (30CPTS/FMFC, 6-1851/30MSS/DPCE)

d. Federal Employees Group Life Insurance (FEGLI) - 2004 Open Season: For the first time in five years, the FEGLI Program is having an Open Season. The Open Season begins on Wednesday, 1 Sep 04 and ends on Thursday, 30 Sep 04. This Open Season gives Federal civilian employees, who are eligible, the opportunity to enroll in the Program for the first time, or to change or increase their current FEGLI coverage. Eligible employees may elect FEGLI coverage without having a physical examination or answering any

medical questions. Effective 1 Sep 04, you may visit www.fegli2004.opm.gov for additional information about the FEGLI Open Season. Note: This web site will not be available prior to 1 Sep 04. (30MSS/DPC, 6-5847)

e. Weingarten Right: Federal civilian employees who are members of a bargaining unit have the qualified right to union representation during investigatory interviews/meetings. This Weingarten right is mandatory when the following four (4) conditions are met: a. The meeting between the employee and management official(s) must be an examination; b. The examination must be in connection with an investigation; c. The employee must reasonably believe that disciplinary action may result from the meeting; and d. The employee must request representation. (30MSS/DPC, 6-5847)

6. 30th Medical Group: (30MDG)

a. 30th Medical Group Town Hall Meeting: Do you want to learn how the Medical Group is changing? Join us Monday, 13 Sep 04 at 1800 at the Vandenberg Base Theatre. This informative session will be followed by an open forum where you can express your opinions/concerns. Thank you and we hope to see you there! (30MDG/SGSP, 6-7440)

b. Hazard Communication (HazCom) Train the Trainer: Public Health will conduct a Hazard Communication Train the Trainer course on 14 Sep 04 in the Aerospace Medicine Clinic (Bldg 12848). This course is open to all Vandenberg employees who manage and may have to teach the Federal Hazard Communication (HazCom) Program to new employees. Class hours will be 0900—1100. If you are interested please call Public Health at 6-0648 to register. Seating is limited. (30MDOS/SGOAM)

c. TRICARE Outreach: Free flowing opportunity to learn about your TRICARE options and address any concerns in an open-forum environment. Children are welcome and no RSVP is required. Visit us every Wednesday through Oct 04 from 1400—1600 in the Staff Auditorium at the 30th Medical Group for information covering the following list of topics: TRICARE in Transition, Access Standards and Accessing Care, New Claims Processors (Health Care Claims/TRICARE for Life/Pharmacy), and Preventative Care (Well visits/Immunizations). Subject will repeat every 15 minutes. Direct questions to Ms Bonnie Robles, Beneficiary Counseling and Assistance Coordinator, 6-7483. (30MDG/SGSP, 6-7440)

7. 30th Security Forces Squadron: (30SFS)

a. Installation Entry Gate Hours: The Santa Maria, Solvang, South and Timber Lane Gates are open 24 hours a day. The Utah Gate is open from 0600—2200, Monday thru Sunday. The Lompoc Gate is open from 0600—1900, Monday thru Sunday. The Titan gate is open from 0600—0900 and 1500—1800, Monday thru Friday. (30SFS/SFOC, 6-3911)

b. Base Obstacle Course Access: The Base Obstacle Course is **off limits** to all personnel who have not received the required obstacle course training from the 30th Security Forces. All personnel wishing to use the obstacle course must contact SSgt Chris Correia at 5-2087. (30SFS/SFTT)

8. 30th Civil Engineering Squadron: (30CES)

a. Attention All Facility Managers: Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call A1C Rodriguez at 6-3152 or CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conference room. (30CES/CEOFF, 6-0010).

b. Attention Military Family Housing Residents Bulk Trash Pickup: Just a friendly reminder regarding bulk trash (not recyclable, i.e. cardboard boxes, green waste) items that don't fit into your black refuse can: All items should be broken down to their lowest form. Please don't place your bulk items in cardboard boxes; use plastic garbage bags. Scheduled pick-ups are the 2nd and 4th Monday of each month (or Tuesday if the 2nd or 4th Monday is a Federal holiday). Simply place the bulk trash items at the curb before 0700 on pick-up days. Please insure nothing is blocking the curbside pick-up area (i.e., parked cars, basketball hoops, bicycles, etc.). If you are PCSing or service separating and have a copy of your orders you may take your bulk trash items directly to the landfill. For more information read your Housing Brochure or contact Mr. Hehe, 6-2808 at Service Contracts. (30CES/CEOEC)

c. Base Civil Engineer Work Request: The new 30SW Form 35, Base Civil Engineer Work Request, dated 1 Nov 03 is available on the [VEPDL](#). All previous 30SW Form 35's are no longer valid. (30CES/CEOFF, 6-0010).

9. Air Force Reserves: (30MSS/ISR)

Briefing: The next Air Force Reserve briefing is 7 Sep 04, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Base Theater Marquee: The following movies will be shown at the Base Theater, Bldg 13750, 3—5 Sep 04. Call 6-5565 for movie information or e-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	3 Sep 04	"The Bourne Supremacy"	PG-13	1830	1900
Saturday	4 Sep 04	"Thunderbirds"	PG	1830	1900
Sunday	5 Sep 04	No Showing			

b. Food Service Events: For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMX)

Day	Date	Event	Start Time	Location
Monday	6 Sep 04	Labor Day Meal	1100	Beachcomber
Wednesday	15 Sep 04	D. F. Advisory Board Meeting	1000	Beachcomber
Thursday	16 Sep 04	Birthday Meal - 3rd quarter	1730	Beachcomber
Friday	17 Sep 04	POW/MIA Recognition Day Meal	1100	Beachcomber
Saturday	18 Sep 04	Air Force Birthday Meal	1100	Beachcomber
Tuesday	21 Sep 04	Birthday of the Ice Cream Cone	1100/1630	Beachcomber
Thursday	30 Sep 04	Hispanic Heritage Month Meal	1100	Beachcomber

c. LAN Party! This is a fundraiser held by the Vandenberg Competition Association. 80% of all proceeds go to Operation Kids Christmas. The party begins at 1800, 2 Sep 04 at the Vandenberg Center. Only \$5 for pre-registration via the web site and a chance to win a full version of Joint Operations by Nova Logic. Come out and have some fun, our featured game is Joint Operations, wipe out your friends and earn bragging rights. We will play other RTS and FPS games. Vote for your favorite game on the website. Then pre-register for your chance to win a door prize or a Joint Operations T-Shirt. For those who need it, we will have sugar and caffeine for sale, or feel free to bring your own. Please checkout our web site for more details and pre-registration at www.vca-lanfest2004.org/. Any questions may be directed to Lt Curry at 6-4985 or TSgt Derek Greene at 6-5087. (381TRSS/TSR)

d. Lompoc Concert Assoc. Presents: Richard Glazier, pianist/narrator on Thursday, 9 Sep 04, at 1930 at Calvary Baptist Church 3355 Constellation Rd, Vandenberg Village, Lompoc. **Please note the change in location for this concert only.** "Hooray for Love a multi-media show dedicated to the music of Harold Arlen with most popular songs: " Stormy Weather", "Over the Rainbow" & "That Old Black Magic". Single tickets may be purchased for this concert at the door - \$15.00 for adults and \$7.00 for students. Adult season subscriptions of \$40.00 for the complete series of five concerts will be available. For more information, contact Subscription Chairman, Vivian Dew at 733-4006 or co-chairman Jean Jacoby at 736-8713.

e. Operation Kids' Christmas Bar-B-Que: Join us for a Bar-B-Que to benefit Operation Kids' Christmas on Friday, 10 Sep 04, from 1100—1400 at the BX parking lot. Your choice of chicken, tri-tip, or a combination plate, for \$6.50 the day of and \$6.00 at presale. For pre-sale tickets call Lt Havens at 6-8454 or Lt Latour at 6-1307. (392TRS/DOA)

f. Joint Forces Day: USC Trojans are hosting Joint Forces Day, honoring the men and women of the Air Force by having 2-for-1 ticket pricing available at their Colorado State Vs. USC game on 11 Sep 04. Normal

price of the tickets is \$40.00; Joint Forces Day pricing is \$20.00 per ticket. For more detail call Craig Kelly at (213)740-4160 and mention : "JFD". (30SW/JA)

g. Girl Scouts Ice Cream Social: Vandenberg Space and Sea Girl Scouts will host an Ice Cream Social on Saturday, 11 Sep 04 from 1300 to 1500 on the lawn in front of the Bowling Alley. Girls in kindergarten through 12th grade and their families are invited for information and to register for a troop. Adult volunteers are also needed. Registered girls and their families are also invited. Call Cheryl D. Willard at 606-1119 or (800) 898-6402 for more information. (30CPTS/FMA)

h. Quarterly Birthday Meal: On Thursday, 16 Sep 04, we will be holding The Quarterly Birthday Meal for Enlisted BAS or Meal Card holders that celebrated birthdays in July, August or September, at the Beachcomber Dining Facility. Doors open at 1700 and the meal is served at 1730. Each birthday member is allowed to bring one guest. You will be served by Commanders, Chiefs and First Sergeants from Team Vandenberg. There will be entertainment, prizes and a sundae bar. The menu choices are: Prime Rib, Shrimp Scampi, Cornish Hen or Pasta and Vegetable Medley. All meals include: soup or salad, baked potato or rice pilaf, vegetable medley, fresh bread, cake and beverages. Please contact the Food Service Office at 6-3219 or 6-5496 by 14 Sept 04 to sign up! (30SVS/SVMF)

i. Vandenberg Spouses' Club: Join us for our Annual Membership Night on 21 Sep 04, at 1830 at the Pacific Coast Club. We will play Bunko, and eat pizza & salad; all for \$10.00 with cash prizes. Great Special Interest Groups to join. R.S.V.P. by 17 Sep 04 by calling Leigh Ann at 734-1911.

j. Catholic Single Young Adults: Are you Single? Between the ages of 21 and 40-yrs-old? And looking for a place to meet other Catholics with similar interested? Join the new Central Coast Catholic Young Adult Singles every second Thursday of the month, 1830—2030 at St Louis de Montfort in Orcutt (bring a dish to share) and fourth Thursday of the month at St Mary's in Santa Maria, 1830—2030 (cost \$5 at door for drinks & snacks). Along with our regular bi-monthly events we have one social event every month. Call or e-mail for information about our bi-monthly events, October Wine Tasting/Tour or the CCCYA Cruise to Ensenada from 29 Oct 04 to 1 Nov 04. Contact: Kellee Bartha at CentralCoastCatholicYoungAdults@yahoo.com or 264-4659.

k. Santa Maria Memory Walk: Come take steps to end Alzheimer's! This year's Santa Maria Memory Walk benefiting the Alzheimer's Association will be Saturday, 16 Oct 04, from 1500 to 1900 at beautiful Waller Park. Adults, children, and dogs are all encouraged to register online at www.centralcoastalz.org or contact the event coordinator for more information: Kari Kwinn at 922-4132.

Health And Wellness Center: (30MDG/HAWC, 6-2221)

a. Quarterly Classes: The following classes are offered on a quarterly basis at the Health And Wellness Center, Breastfeeding and Infant Care Class - Learn how to properly breastfeed and take care of your newborn. Exercise During Pregnancy - Learn what exercises are appropriate during your pregnancy. For information regarding any of these classes, please call the HAWC at 6-2221.

b. HAWC On-line Class Sign-ups: Please go to www.php-ids.com to register as a new student and sign up: Fitness Improvement Program (FIP), Healthy Living Workshop (HLW), and Body Composition Improvement Program (BCIP). For information regarding any of these classes, please call the HAWC at 6-2221.

Chapel: (30SW/HC, 6-5773)

a. Worship Schedule:

Catholic Mass:	Saturday	1700	Chapel 2	Protestant Services:			
Confessions	Saturday	1615—1645	Chapel 2	Holiday Service	Sunday	1130	Chapel 1
Mass	Sunday	1000	Chapel 1	Holiday Service	Sunday	1130	Chapel 1
Daily Mass	Mon-Fri	1130	Chapel 2	Holiday Service	Sunday	1130	Chapel 1

b. The Vandenberg Jewish Community: Hebrew and Bar Mitzvah classes are ongoing here on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

c. Holiday Protestant Service: For all holiday weekends, the Vandenberg Chapel will have **one** Protestant Service on Sunday at 1130 at Chapel 1. For Labor Day weekend there will be **one** Protestant Service held on Sunday, **5 Sep 04**, at 1130 at Chapel 1. For further details contact the Chapel at 6-5773. (30SW/HC)

d. Monthly Prayer Breakfast: Everyone is cordially invited to join us for our monthly prayer breakfast on Thursday 9 Sep 04 at 0630 at the Chapel 1 annex. Lt Col Lee Rosen, Commander, 4th Space Launch Squadron will be our guest speaker.

Family Support Center: (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit www.php-ids.com.

a. Office Hours: Family Support Center's customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training from 0730—0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

b. Computer Resource Room: The Family Support Center's Computer Resource Room is now open to customers needing to access the Internet for job searches, relocation assistance, or to stay in touch with the family if separated because of military obligations. Walk-ins are accepted from 0800—1530.

c. BabyMeet: If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

d. Playtime for Tots: They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and the children ages 2 to 5. For more information call Jill at 757-9044.

e. Global Hearts Group Dinner: Vandenberg AFB's Global Hearts Group invites all eligible spouses and their families for Sunday dinners at Beachcomber Dining Facility (located at Nevada Ave, 381st TRG area) from 1630-1830, every Sunday. This is open for families whose spouses are either deployed, serving on a remote, or on extended TDYs longer than 30 days. For details please contact TSgt Sheila White at 6-0039.

f. Palace Chase (Force Shaping) Separatees: Are you separating under the newest Palace Chase (Force Shaping) program? If so, you need to get to the Family Support Center (FSC) now! You must accomplish your mandatory Pre-Separation Briefing at least 90 days prior to separation. You can schedule yourself for this briefing by accessing www.php-ids.com. Do not wait until you have your out-processing checklist to get this briefing. If you need assistance please call the FSC at 6-0039.

30th Services Squadron: (30SVS/SVK, 6-0276)

Tops In Blue: 4 Sep 04, 1900 at the Cabrillo High School Gymnasium. Doors open at 1815 and show starts at 1900.

a. Auto Hobby Shop: (30SVS/SVRA, 6-6014)

- **Used Car Lot:** Try selling your used vehicle through the Auto Hobby Shop. Place your vehicle on the used car lot for \$6 per two weeks. You also have the option of listing your vehicle on the Services Squadron web site.

b. Surf Lanes Bowling Center: (30SVS/SVBB, 6-3209/734-1310)

- **Airmen's Night:** Thursday, 1700—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Friday, 2100—2400, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!

c. Breakers/Beachcomber Dining: (30SVS/SVMF, 6-7540/734-1901)

- **Labor Day Meal:** 6 Sep 04.
- **Breakers Renovations:** The Breakers dining facility is currently closed for renovations to the heating, ventilation and air conditioning system. Consolidated dining will be available at the Beachcomber (Bldg 9190) on Nevada St in the 381st Training Group area.

d. Child Development Center: (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out how you can qualify.
- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

e. Family Child Care: (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for Child-care Providers has never been greater! Help make a difference and become a licensed child-care provider. Call Gwendolyn Jones at 6-4639 or 6-3255.

f. Fitness Center: (30SVS/SVMP, 6-3832)

- **'Back to School' Fun Run:** 2 Sep 04, 1200.
- **Rock Wall Climb:** 8 Sep 04, 1100—1300.
- **Local Outdoor Rock Climb Adventure:** 11 Sep 04, 0700. Meet at the Fitness Center.
- **Intro to the Weight Room:** 14 Sep 04, 1000.
- **'Operation Stay Fit' Triathlon:** 25 Sep 04, 0900.

g. Information, Tickets & Travel: (30SVS/SVRO, 6-7976 or 6-1675)

- The ITT office and Leisure Travel are now located at Outdoor Rec (Bldg 10250).

h. Library: (30SVS/SVMG, 6-6414)

- **Storytime:** 2 Sep 04, 1000. It is appreciated if you can sign up if you are attending to help plan for supplies, but walk-ins are welcome.
- **Library Closure:** 13—14 Sep 04 the library will be closed for inventory.
- **Dial-a-Story:** The phone number is 606-4300 for this free story-telling service. Available 24/7, story changes Friday afternoons.
- i. **Marshallia Ranch Golf Course:** (30SVS/SVBG, 6-6262)
 - **Organizational Tournament:** 2 Sep 04, 1300—1430.
 - **Men's Club Tournament:** 11 Sep 04, 0808—0936.
 - **Scotch Foursome:** 12 Sep 04, 1030.
 - **Marshallia Masters:** 17—19 Sep 04. Sign up at the Pro Shop.
- j. **Natural Knead Massage:** (30SVS/SVMP, 5-4748)
 - Natural Knead massage is now open in its new location at the Health & Wellness Center (HAWC), Bldg 8505. Watch for our Squadron of the Month Special. Just make an appointment and then stop by with an item (hat, coin, etc.) showing your squadron emblem, and you can get a discount price on any massage (except 30-minute). The squadron for Sep 04 is 30 CES.
- k. **Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **3-Day Santa Cruz Sailing Trip:** 9—12 Sep 04. Join captain Steve Renz for a three-day sailing escape. Exchange the bustle and traffic roar of the mainland with the peaceful roll of waves on placid beaches. Sign up by 2 Sep 04. Cost is \$195.
 - **Santa Barbara Kayaking Tour:** 18 Sep 04, 0830—1430. Sign up by 10 Sep 04. Cost is \$35.
 - **Hiking at Montaña De Oro:** 25 Sep 04, 0800. Sign up by 23 Sep 04. Cost is \$15.
- l. **Pacific Coast Club:** (30SVS/SVBO, 734-4375 or 734-4376)
Entertainment/Events:
 - **Over the Hump Night:** Wednesdays in the E-Lounge. Free wings and things starting at 1700.
 - **Membership Drive Kick-off:** 1 Sep 04, 1730. Help us kick-off the 2005 membership drive with this appreciation night with special buffet, door prizes and entertainment. Free for members, spouse or guest \$6.
 - **DJ Night:** 3 Sep 04, 1900—2300, in the E-Lounge.
 - **Karaoke Night:** 3 Sep 04, 1900—2300, in the Officers' Lounge.
 - **Club Closed:** 4—6 Sep 04, for Labor Day holiday.
 - **Mongolian BBQ:** 8 Sep 04, 1700—2000.
 - **Football Frenzy Kick-off:** 9 Sep 04. Join us as the Indianapolis Colts take on the Superbowl champion New England Patriots and usher in another season of Football Frenzy. Special treats and contests galore.
 - **Comedy Night:** 25 Sep 04. Doors open at 2000, laughs begin at 2100. BET Comedy View & Def Jam All-Stars featuring Tommy Chunn and Smokey Deese. Hosted by D' Militant, with music and after party by DJ Krazy J. Call the PCC for more information.**Menu:**
 - **Monday Madness:** Mondays from 1700—2000. Enjoy our all-you-can-eat pizza and spaghetti buffet with drink and soon to be famous pizza dessert. Regular - \$7.95, Members - \$5.95, children under 12-years of age - \$3.00. (No coupons)
 - **Fried Chicken Buffet:** Tuesdays from 1700—2000. Pacific Fried Chicken Buffet with dessert. Regular - \$8.95, Members - \$6.95.
 - **Kid's Night:** Wednesdays from 1700—2000. Children under 12-years-old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
 - **Pasta Mania Buffet:** Thursdays from 1700—2000. Regular - \$8.95, members - \$6.95, children under 12-years of age - half-price, children 4-years and under - free.
- m. **Rod & Gun:** (30SVS/SVBR, 6-4560)
 - **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.
- n. **Skills Development:** (30SVS/SVRS, 6-6438)
 - **Basic Framing & Matting:** 7 Sep 04, 1800—2030. Class will work on an 8" by 10" project. Cost is \$20 plus materials.
 - **Stained Glass Instruction:** Saturdays from 1100—1300. Sign up 2 days prior to first class.
 - **Children's Ceramics:** Saturdays from 1100—1330. This class is designed to introduce children to the art of ceramic casting. Cost is \$15.
- o. **Swimming Pool:** (30SVS/SVRO, 6-3581)
 - **Water Aerobics:** Water aerobics runs Monday, Wednesday and Friday from 1130—1215. Cost is \$3 per session.

- **Holiday Swim:** 4 Sep 04, 1200—1600.
- p. **Veterinary Clinic:** (30SVS/SVBV, 6-3019)
 - **Pet Registration:** All cats and dogs residing on Vandenberg AFB must be registered with the Veterinary Treatment Facility (VTF). All vaccinations including rabies and distemper combinations, must be up to date and kept on file. Please bring your animal's medical records to the VTF on an off-clinic day to register you pet.
 - **Pet Protection:** Protect your pets against fleas, ticks and heartworms with Frontline Plus and Heartgard, both available at the Vet clinic.
- q. **Youth Center:** (30SVS/SVYY, 6-2152)
 - **Art Smart Workshop:** Sign up for the September workshop "Line Drawing." Cost is \$25 for nonmembers. Sign up at the Youth Center by 2 Sep 04. A syllabus and materials list can be picked up at the Youth Center.
 - **Pre-School Registration:** Priority registration will open 1—3 Sep 04. Open registration is from 6—10 Sep 04. Orientation night will be 15 Sep from 0900—1000 for 3-year-olds and 1000—1100 for 4-year-olds.
 - **Kung-Fu Lessons:** Sign up for these self-defense classes on Tuesdays and Thursdays at the Youth Center. For youth ages 8—18. Interview required for enrollment. Cost is \$15 per month (\$10 for members).
 - **Gymnastics:** The fall classes are in session! Gymnastics instruction is available for both boys and girls, and classes range from Parent and Tot to advanced classes for older children. We also offer team development training for girls as well as a competitive team for girls levels 3 to 9.
 - **Dance Classes:** Make sure to check out our dance classes. We offer instruction for Rhythm, Ballet I & II, and Jazz I dancing. Classes run on Wednesdays, on a monthly fee.

Education Center: (30MSS/DPHE, 5-5904)

a. **Education Fair:** Come one, Come all, to the Annual Education Fair on Wednesday, 29 Sep 04, from 0900—1400 in the Education Center Student Lounge, Bldg 14002, 144 Wyoming Avenue! Representatives from base and local area colleges and universities will be present. Contact the Education Center at 5-5904 for more information. (30MSS/DPHE)

b. **Embry Riddle Aeronautical University:** ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Management (ASTM/BSTM). We also offer three graduate programs: Master of Science in Management (MSM), Masters of Business Administration in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The MAS has eight specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For current information regarding registration, admissions and our programs call the office at 805-734-4076 or 6-6557. Registration for resident classes begins 27 Sept 04, and lasts until classes begin 11 Oct 04. We have an extensive online catalog and over 150 locations worldwide. Our application is now available online at <https://app.applyyourself.com/?id=erau-ec> making applying to our Embry-Riddle a snap! Embry-Riddle is in the Education Complex, 144 Wyoming Ave. Room A-1. Office hours are Monday—Thursday from 0830—1730 and Fridays from 0800—1200. Our e-mail is Vandenberg.Center@erau.edu. (ERAU)

Computer Training: (InDyne, 6-3771)

a. **Personal Computer Systems Training:** Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000; Palm PDA Beginning; Project 2000; Publisher 2000; Outlook 2000; and LAN Access Training (a class specifically for those in process of getting an e-mail account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg. 9360, InDyne, Inc. also reserves 3 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available in the morning and afternoon time frames. Call 6-3771 for more details, or e-mail: james.wooding@vandenberg.af.mil. **Note:** Walk-ins are always welcomed!

b. **First Tip: You may be using PowerPoint's most common tool without realizing it** - Whenever you're in Slide View or Normal View in PowerPoint, a tool, feature, menu, or dialog box is always active. By default, the active tool is the 'Select Objects' tool, which appears as the thick arrowhead all PowerPoint users are familiar with. This is the tool you use to drag an object around on your slide, and reshape and resize an object by dragging its editing handles. Since it's on by default whenever another tool isn't selected, you may not even realize this little arrow is a tool. However, you can switch from another active tool to the Select

Objects tool at any time by clicking on the Select Objects tool button (yes, the button looks just like the arrowhead) on the Drawing toolbar. **Second Tip: Change the look of your Outlook 2000 calendar** - Improve the look of your Calendar - Try changing the fonts used in the Calendar. To do this, right-click on any calendar day and choose 'Other Settings' from the shortcut menu. You can also choose View \ Current View \ Customize Current View and then click the 'Other Settings' button. The Format [view name] dialog box enables you to change the font for items in that view. (The choices will be different depending on the view you're using.) For example, in the Day/Week/Month view, you can change the font used to display the time, as well as the font used in the appointments in the Calendar. Just click the appropriate button, select your style and click **OK** until you return to Outlook. Your Calendar will have a fresh new look.

c. Available Classes: Following are classes scheduled for the next two weeks, which have open slots:

Class	Date(s)	Time
Excel 2000	31Aug-2Sep 04	1300—1600
Outlook - Tasks: Making, Assigning, & Tracking	1 Sep 04	1130—1230
Excel Advanced	3 Sep 04	1300—1600
Excel - Headers and Footers	3 Sep 04	1130—1230
Publisher 2000	7-10 Sep 04	1300—1600
Word 2000	7-9 Sep 04	0800—1100
Excel - Macros	8 Sep 04	1130—1230
PowerPoint - Custom Animation	10 Sep 04	1130—1230
LAN Access Training	10 Sep 04	0800—1100
Office - Object Linking & Embedding	13 Sep 04	1130—1230
LAN Access Training	13 Sep 04	0800—1100
Workgroup Managers Course	13-17 Sep 04	0800—1600
Project 2000	13-16 Sep 04	1300—1600
Intro to Computers	14 Sep 04	0800—1100

Items For Sale:

For Sale: 2000 Honda S2000 (red) convertible, 6-speed M/T, leather interior, P/W, P/D, push start ignition, CD player/6-disc changer, power convertible top, HiD lights, and low miles. Fast reliable sports car, recently serviced by the dealer, runs like new. Asking \$21,450. Contact Siul at 588-6864.

For Sale: 1995 Jeep Wrangler, 4WD, red. Excellent condition, runs extremely well, V6-4.0L engine, hard top, premium wheels with unused spare and only 51,000 miles. Asking \$10,000/obo. Kelley Blue Book Retail Value: \$10,500+. Call Charlie at 734-0901/260-1953.

For Sale: 1995 Acura Integra, black w/spoiler, special edition rims, auto, full stereo sys w/2 10" Fosgate & 2 Fosgate amps, 4 extra profile tires, leather, 119K & well maintained. Asking \$4700. Call Sang at 588-9442/734-2739.

For Sale: 1994 Ford Explorer Sport, 2 dr, manual, 79,500 miles & still looks great. Asking \$3,000/obo. Engine stalls on occasion due to carbon buildup. Anyone that knows anything about cleaning up an engine can get this car as a steal! Check out at Base Used Car Lot. Call 2Lt Tommy Worden at 345-6543.

For Sale: 1982 Honda Accord, engine runs but needs clutch. \$100. Contact Tom Hott at 734-5654.

For Sale: 1986 Honda 750 VFR motorcycle, factory 180 racing cam, dual Kerker exhaust, (2) helmets, tank bag, 24,000 miles, \$2,700/obo. Call Tom at 291-0347.

For Sale: 1978 Honda CB 750 K motorcycle. A rare catch! Parts in pristine condition, no rust. Only 12,000 miles. Had it running a couple of months ago, however now needs a tune up. Pick up from 501 Baywood St (VAFB) w/trailer. Asking \$200/obo. Includes new Honda Operator manual! Call Charlie at 734-0901.

For Sale: Aluminum wheels/rims from 2 wheel drive 96 Blazer. Should fit many years of GM S-10 or S-15 series vehicles. \$250/obo. Call 734-0203.

For Sale: (2) Boats: (1) 1973 Larson, 18 foot, sturdy construction, needs inboard engine \$1,500, (1) 1974 Thunderbird, 18 foot, 75 HP off board. Asking \$2,100. See at Base Used Car Lot. Flip Down TV w/DVD player 10" brand new, excellent viewing for the family in the car/van/SUV. Asking \$470. Call 734-2299.

For Sale: 21-speed Gary Fisher 16" Wahoo mountain bike. Mid 1990's bike virtually new. Ridden less than 50 miles in great condition-nipples still on tires. All Shimano components, rigid frame & fork. Looking for an upgrade & don't want to spend a fortune, this is your bike! Paid \$400, yours for \$150/obo. Call 734-1265.

For Sale: (4) 18-inch chrome "KRUZ" rims with 40 series tires, 7-spoke, 5 lug universal. Fits Toyota, Lexus etc. Brand new. Asking \$1,300/obo. Call Andy at 757-1803 and leave a message.

For Sale: (2) new 205/40/17 Cooper Cobra ZHP 01 tires rated at 183mph, great for Civic/Integra, or Neon w/17-inch rims, \$110. 1st/2nd Gen Carbon Fiber/Fiberglass Kaminari Wing, \$200. Call Ed at 588-7593.

For Sale: Blue custom designed shell for 1997 Ford Ranger. Perfect condition, electrical hookups with third brake light. Paid \$2,000, asking \$500/obo. Call 934-5711 and leave message.

For Sale: Foosball table, heavy duty, pro quality, furniture finish, for \$200. Call Steve evenings at 735-2994.

For Sale: Component stereo system, w/Yamaha 190 Watt stereo receiver, JVC dual cassette deck, Phillips CD player and two 36" tower speakers. Works & sounds great! Sacrifice for \$120. Call Tim at 734-0135.

For Sale: Yamaha CDC-675 5-Disc Carousel CD Player, black, \$45; Yamaha YST-SW305 Subwoofer, black, \$100; Yamaha RX-V1000 Receiver/Amp, black, \$200; Hitachi VT-FX6080EM HiFi Multi-system VCR, black, \$40. Call Solomon 734-8124, evenings.

For Sale: Welding outfit, \$200. Like new, 17" Digital SVGA monitor, \$30. Call 934-1051 after 1700.

For Sale: Medium color, solid oak, round claw foot table, with (4) tall back chairs and leaf, \$400/obo. Cash only, call 737-0035 after 1700.

For Sale: Dining table & (4) chairs. Tile/wood mixture. Good condition. \$85. Call 928-3329.

For Sale: Sturdy queen-size bed frame, \$10; child-size roll-top desk, needs refinishing, \$20; 90 year old wicker rocking chair with padded seat cushion, great character, needs work, \$20. Call Tim at 734-0135.

For Sale: Couch and matching loveseat-dark brown, looks new. Will sell separately (\$80 for couch, \$50 for loveseat), or \$130 for the pair. Call Steve or Tammy at 937-6854.

For Sale: Washer & gas dryer set. Only 10-months-old! Must be able to pick up in Lompoc. \$300 for both. Call Gary or Danielle at 735-1175.

For Sale: Whirlpool, extra-large capacity, heavy-duty electric dryer, \$100. Please call 736-4925.

For Sale: Whirlpool, extra-large capacity, electric dryer in excellent condition, \$100. Please call Lizette, at 588-8135 or Joaquin at 588-8132.

For Sale: Size 18-months, girls outfits, all in excellent condition, \$1.00/piece/obo for all. Size 5 shoes too! Changing table, \$10. Junior size sweaters, make an offer. All in excellent condition, worn a couple times. Call Stephanie at 588-8153.

For Sale: Huffy adult woman's bike, new condition, \$50. Sealy pillow top king mattress set w/box springs, valued at \$2,000, will sell for \$500. Computer: AMD 1600, 1.5MHz, 20Ghz hard drive, 384Mgb Ram 250 Zip drive, DVD drive, Win2K w/monitor, \$250. Contact 733-2339.

For Sale: (2) Western saddles, (1) dark leather Circle Y show saddle with lots of tooling & silver (16" seat) for \$650 and (1) light leather McPherson ranch saddle, some tooling (15.5" seat) for \$350. Both are in great condition. Call Nancy at 735-4191 and leave a message.

For Sale: 16-month-old Andalusian/Percheron filly, 14hh. Athletic, intelligent, and willing. Ready to learn. Excellent dressage or hunter/jumper prospect. \$4,500/obo, good home only. 734-1607.

Free: Free to good home, 10-week-old weaned and litter box trained kitten. Please call 734-3003.

Free: Loveseat in good condition, off-white/gray. Call Lizette at 588-8135 or Joaquin at 588-8132.

Wanted: Reliable, organized housekeeper wanted for one full day or two half days per week. Call 680-7581 to arrange for an interview.

Wanted: Enclosed car or utility trailer. Looking for any size between 14- and 24-feet preferably with rear ramp door. Please call 736-9697.

Wanted: Used tow dolly. ASAP! Call 734-4910 after 1700.

Wanted: Acoustic electric hollow body guitar. Will pay cash. Call 934-1051 after 1700.

Wanted: After-school caregiver for two children (ages 6 and 9), would prefer someone who will be able to pick up the kids from Crestview Elementary. Please call Rose at 264-2358.

Yard Sale: Saturday, 4 Sep 04, 0700—1200, at 4475 Titan Ave in Vandenberg Village. Contact 733-2339.